



National Nutrient Database for Standard Reference
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Statistics Report 35086, Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	40.00	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	465	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	1947	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein ¹	g	12.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	46.10	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Minerals													
Calcium, Ca ¹	mg	5	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P ¹	mg	87	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Thiamin ¹	mg	0.080	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin ¹	mg	0.020	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	0.800	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU ¹	IU	750	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Lipids													
Fatty acids, total saturated ¹	g	6.560	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total monounsaturated ¹	g	28.120	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated ¹	g	7.970	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	0.120	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:3 undifferentiated ¹	g	0.450	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Cholesterol ¹	mg	54	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993